FOOD HYGIENE · ALLERGENS

The 14 allergens

Clean Hands
Food safety in your language

By law, food businesses must tell you if food contains any of these.

1. **Celery**
   Stalks, leaves, seeds and celeriac. In soups, stock cubes, salads and spice mixes.
2. **Cereals with gluten**
   Wheat, rye, barley and oats. In bread, pasta, flour, cakes, batter and sauces.
3. **Crustaceans**
   Prawns, crab, lobster and crayfish. In shrimp paste and some curries.
4. **Eggs**
   In cakes, mayonnaise, fresh pasta, sauces and food brushed with egg.
5. **Fish**
   In fish sauce, Worcestershire sauce, dressings and some pizzas.
6. **Lupin**
   Lupin flour and seeds. In some breads, pastries and pasta.
7. **Milk**
   Butter, cheese, cream, yoghurt, ghee and milk powder.
8. **Molluscs**
   Mussels, oysters, squid and snails. In oyster sauce.
9. **Mustard**
   Seeds, powder and leaves. In dressings, marinades, sauces and curries.
10. **Tree nuts**
    Almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios, macadamias. In pesto and marzipan.
11. **Peanuts**
    Also called groundnuts. Peanut oil, satay, some curries and desserts.
12. **Sesame**
    Seeds, tahini, hummus, sesame oil and some breads.
13. **Soya**
    Tofu, soya sauce, edamame, soya flour and many ready meals.
14. **Sulphites**
    Sulphur dioxide. In dried fruit, wine, beer and some meat products.

NOT SURE?

Ask. Never guess.
Check labels every time. Recipes and products change.

CALL 999

If someone has a bad reaction.
Trouble breathing, a swollen face or throat, or collapsing.

食品卫生 · 过敏原

14种过敏原

Clean Hands
用您的语言了解食品安全

根据法律规定，食品企业必须告知您食品中是否含有上述任何成分。

1. **芹菜**
   茎、叶、种子和根芹。可用于汤、汤块、沙拉和香料混合料中。
2. **含麸质的谷物**
   小麦、黑麦、大麦和燕麦。用于面包、面食、面粉、蛋糕、面糊和酱汁中。
3. **甲壳类动物**
   大虾、螃蟹、龙虾和小龙虾。用于制作虾酱和某些咖喱。
4. **鸡蛋**
   适用于蛋糕、蛋黄酱、新鲜意面、酱汁以及刷过蛋液的食物。
5. **鱼**
   鱼露、伍斯特酱、沙拉酱以及某些披萨中。
6. **鲁邦**
   羽扇豆粉和种子。用于某些面包、糕点和意面中。
7. **牛奶**
   黄油、奶酪、奶油、酸奶、酥油和奶粉。
8. **软体动物**
   贻贝、牡蛎、鱿鱼和蜗牛。配蚝油。
9. **芥末**
   种子、粉末和叶子。可用于沙拉酱、腌料、酱汁和咖喱中。
10. **树坚果**
    杏仁、榛子、核桃、腰果、山核桃、巴西坚果、开心果、夏威夷果。用于制作青酱和杏仁膏。
11. **花生**
    也称为落花生。花生油、沙爹、某些咖喱和甜点。
12. **芝麻**
    种子、芝麻酱、鹰嘴豆泥、芝麻油和一些面包。
13. **大豆**
    豆腐、酱油、毛豆、大豆粉以及许多即食食品。
14. **亚硫酸盐**
    二氧化硫。存在于干果、葡萄酒、啤酒和某些肉类制品中。

不确定吗?

请直接询问，切勿猜测。
每次都要检查标签。食谱和产品都会发生变化。

拨打999

如果有人出现不良反应。
呼吸困难、面部或喉咙肿胀，或出现昏厥。